1. *Betties360* – young womxn engaged in after-school program focused on leadership and outdoor engagement and their families, *Online bilingual English–Spanish workshop*

2. *EngAGE Northwest, Cascadian Terrace and Patton Home* – adults, seniors and people with disabilities living in affordable housing in North Portland, *By-mail workshop*

3. *DoveLewis Memorial Pet Therapy* – adults and older youth who have experienced pet loss, *One-time online workshop*

4. *Friendly House, CHSP* – seniors and adults with disabilities living independently at Congregate Housing Services Program (CHSP) sites in the Portland Metro, *By-mail and online workshop*

5. *Friendly House, CRE* – seniors and adults receiving services at Friendly House, *By-mail and online workshop*

6. *LifeWorks NW, Adolescent Day Treatment Program* – youth experiencing chronic mental health issues in a therapeutic alternative high school, *Online workshop*

7. *REACH Community Development, Renaissance Commons* – adults and families living in affordable housing in North Portland, *By-mail English–Spanish workshop*

8. *Unity Center for Behavioral Health, Session #1* – youth and adults experiencing a mental or behavioral health crisis, *Online workshop*

9. *Unity Center for Behavioral Health, Session #2* – youth and adults experiencing a mental or behavioral health crisis, *Online workshop*